

## CLAIMS

1. A fold-out treadmill comprising:
  - (a) a base;
  - (b) a deck having a rear portion, an opposing front portion, and an endless belt rotatably mounted thereon, said rear portion of said deck being movably mounted on said base;
  - (c) a handrail movably attached to said deck;
  - (d) said deck configured to be selectively rotated between an operational position in which said deck is positioned for use by a user position thereon, and a storage position in which said deck is positioned proximate to said handrail; and
  - (e) said handrail further being configured to rotate into a storage configuration when said deck is moved from said operational position to said storage position and to unfold when said deck is moved from said storage position to said operational position such that said handrail extends above said front portion of said deck when said deck is in said operational position.
2. A fold-out treadmill as recited in claim 1, further comprising incline means for varying the inclination of said deck relative to a support surface while said deck is in said operational position.

3. A fold-out treadmill as recited in claim 2, further comprising a mechanism configured to vary the inclination of said deck relative to a support surface while said deck is in said operational position, said mechanism being moveably attached to said deck.

4. A fold-out treadmill as recited in claim 3, wherein said mechanism comprises a motor movably attached to said base and a foot operably connected to said motor.

5. A fold-out treadmill as recited in claim 1, further comprising lift means for automatically moving deck between the operational position and the storage position.

6. A fold-out treadmill as recited in claim 5, wherein said lift means comprises a mechanism configured to automatically move said deck between said operational position to said storage position, said mechanism being movably attached to said base.

7. A fold-out treadmill as recited in claim 6, wherein said mechanism comprises a motor movably attached to said base and an elongated member movably attached to said deck.

8. A fold-out treadmill as recited in claim 1, wherein said deck and said base define a footprint on a support surface when said deck is in said operational position and wherein said handrail and said deck remain entirely within said footprint as said deck is moved between said operational position and said storage position.

9. A fold-out treadmill as recited in Claim 1, further comprising a fold-out means for attaching said handrail to said deck so as to enable said handrail to project above said deck when said deck is in said operational position and to rotate into said storage configuration when said deck is rotated into said storage position.

10. A fold-out treadmill as recited in claim 9, wherein said fold-out means comprises a fold-out assembly configured to movably connect said handrail to said deck.

11. A fold-out treadmill as recited in claim 10, wherein said fold-out assembly is configured such that said handrail is repositioned by rotational movement as said deck is selectively repositioned from said storage position into said operational position.

12. A fold-out treadmill comprising:

- (a) a base;
- (b) a deck having a rear portion, an opposing front portion, and an endless belt rotatably mounted thereon, said rear portion of said deck being movably mounted on said base;
- (c) a handrail movably attached to said deck;
- (d) said deck configured to be selectively rotated between an operational position in which said deck is positioned for use by a user position thereon, and a storage position in which said deck is positioned proximate to said handrail;
- (e) said handrail further being configured to fold into a storage configuration when said deck is moved from said operational position to said storage position and to unfold when said deck is moved from said storage position to said operational position such that said handrail extends above said front portion of said deck when said deck is in said operational position; and
- (f) lifting means for automatically moving said deck between the operational position and the storage position.

13. A fold-out treadmill as recited in claim 12, wherein said lifting means comprises a mechanism configured to automatically move said deck between said operational position and said storage position, said mechanism being movably attached to said deck.

14. A fold-out treadmill as recited in claim 13, wherein said mechanism comprises:

- (a) a motor movably attached to said base; and
- (b) an elongated member having one end movably attached to said motor and an opposite end moveably connected to said deck.

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15. A fold-out treadmill comprising:

- (a) a base;
- (b) a deck having a rear portion an opposing front portion and an endless belt rotatably mounted thereon, said rear portion of said deck being movably mounted on said base;
- (c) a handrail movably attached to said deck;
- (d) said deck configured to be selectively rotated between an operational position in which said deck is positioned for use by a user position thereon, and a storage position in which said deck is positioned proximate to said handrail;
- (e) said handrail further being configured to fold into a storage configuration when said deck is moved from said operational position to said storage position and to unfold when said deck is moved from said storage position to said operational position such that said handrail extends above said front portion of said deck when said deck is in said operational position; and
- (f) a mechanism configured to automatically move said deck between the operational position and the storage position, said mechanism being moveably attached to said deck.

16. A fold-out treadmill as recited in claim 15, wherein said mechanism comprises a motor movably attached to said base and an elongated member movably attached to said front portion of said deck.

17. A fold-out treadmill comprising:

- (a) a base;
- (b) a deck having a rear portion, an opposing front portion, and an endless belt rotatably mounted thereon, said rear portion of said deck being movably mounted on said base;
- (c) a handrail movably attached to said deck;
- (d) said deck configured to be selectively rotated between an operational position in which said deck is positioned for use by a user position thereon, and a storage position in which said deck is positioned proximate to said handrail;
- (e) said handrail further being configured to fold into a storage configuration when said deck is moved from said operational position to said storage position and to unfold when said deck is moved from said storage position to said operational position such that said handrail extends above said front portion of said deck when said deck is in said operational position; and
- (f) inclination means for varying the inclination of the deck relative to a support surface.

18. A fold-out treadmill as recited in claim 17, wherein said incline means comprises a mechanism configured to vary the inclination of said deck relative to a support surface while said deck is in said operational position, said mechanism being moveably attached to said deck.

19. A fold-out treadmill as recited in claim 18, wherein said mechanism comprises:

- (a) a motor movably attached to said base;
- (b) a foot rotatably attached to said deck; and
- (c) an elongated member having a first end attached to said motor

and a second end movably connected to said foot.

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20. A fold-out treadmill comprising:

- (a) a base;
- (b) a deck having a rear portion, an opposing front portion, and an endless belt rotatably mounted thereon, said rear portion of said deck being movably mounted on said base;
- (c) a handrail movably attached to said deck;
- (d) said deck configured to be selectively rotated between an operational position in which said deck is positioned for use by a user position thereon, and a storage position in which said deck is positioned proximate to said handrail;
- (e) said handrail further being configured to fold into a storage configuration when said deck is moved from said operational position to said storage position and to unfold when said deck is moved from said storage position to said operational position such that said handrail extends above said front portion of said deck when said deck is in said operational position; and
- (f) a mechanism configured to vary the inclination of said deck relative to a support surface, said mechanism being moveably attached to said deck.

21. A fold-out treadmill as recited in claim 20, wherein said mechanism comprises:

- (a) a motor movably attached to said base;
- (b) a foot rotatably mounted below said deck; and
- (c) an elongated member having a first end attached to said motor and a second end movably connected to said foot.

22. A fold-out treadmill comprising:

- (a) a base;
- (b) a deck having a rear portion an opposing front portion and an endless belt rotatably mounted thereon, said rear portion of said deck being movably mounted on said base;
- (c) a handrail movably attached to said deck;
- (d) said deck configured to be selectively rotated between an operational position in which said deck is positioned for use by a user position thereon, and a storage position in which said deck is positioned proximate to said handrail;
- (e) said handrail further being configured to fold into a storage configuration when said deck is moved from said operational position to said storage position and to unfold when said deck is moved from said storage position to said operational position such that said handrail extends above said front end of said deck when said deck is in said operational position; and
- (f) a mechanism configured to vary the inclination of said deck in relation to a support surface and to automatically move said deck between the operational position and the storage position.

23. A fold-out treadmill as recited in claim 22, wherein said mechanism comprises:

- (a) a motor movably attached to said base;
- (b) a foot rotatably attached to said deck; and
- (c) an elongated member having a first end operably connected to said motor and a second end movably connected to said foot.

24. A fold-out treadmill comprising:

- (a) a handrail having a first end and a second end;
- (b) a support structure comprising:
  - (i) a base having a rear end and an opposing front end;
  - (ii) a deck having a front portion, a rear portion, and an endless belt rotatably mounted thereon, said rear end of said deck being moveably attached to said base so as to enable said deck to selectively rotate between an operational position in which said deck is positioned for operation by a user positioned thereon and a storage position in which said deck is positioned proximate to said handrail;
- (c) a fold-out assembly movably connecting said second end of said handrail to said support structure so as to enable said first end of said handrail to project above said front end of said deck when said deck is in said operational position and to automatically collapse into a compact storage configuration when said deck is rotated into said storage position; and
- (d) a mechanism configured to automatically move said deck between said operational position and said storage position.

25. A fold-out treadmill as recited in claim 24, wherein said mechanism further being configured to vary the inclination of said deck in relation to a support surface.

26. A fold-out treadmill as recited in claim 24, wherein said fold-out assembly is configured such that said handrail rotates as said deck is selectively rotated from said storage position into said operational position.

27. A fold-out treadmill as recited in claim 24, wherein said fold-out assembly means comprises:

(a) a leg having a proximal end attached to said second end of said handrail and a distal end rotatably attached to said base; and

(b) an elongated support moveably attached to said deck, said leg and said elongated support being configured to allow said handrail to automatically rotate into a compact storage configuration when said deck is rotated from said operational position into said storage position.

28. A fold-out treadmill as recited in claim 24, wherein said base is capable of stably supporting the treadmill when said deck is in either said operational position or said storage position and when said deck is being repositioned therebetween.